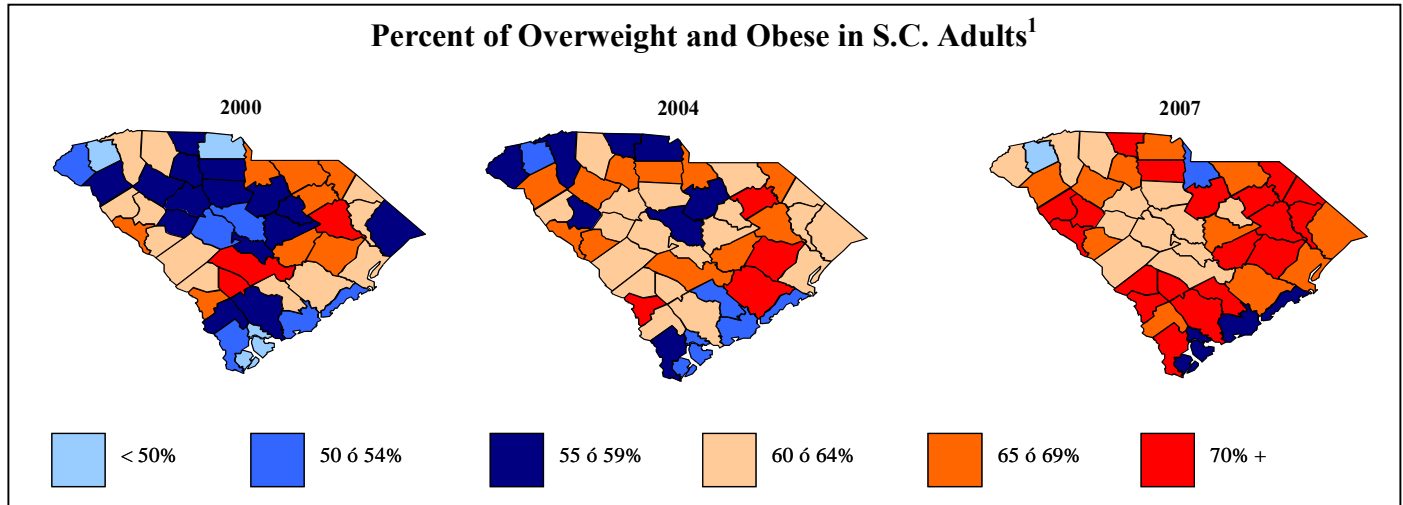


OVERWEIGHT AND OBESITY IN SOUTH CAROLINA ADULTS



THE PROBLEM

- Three out of every five (65.4%) South Carolina adults are either overweight or obese¹. Twenty-nine percent are obese.
- Overweight or obesity was more prevalent in males (71.5%) than women (59.4) and among African American adults (73.6%) than whites (63%)¹.
- In 2007, South Carolina had the ninth worst overweight or obesity rate in the nation. The national average for 2007 was 63%¹.
- The percentage of adults that are overweight or obese increased by 19% in the last ten years¹.

COSTS

- The economic impact of obesity and overweight population in terms of illness, diseases and lost productivity is significant. It is estimated that national costs attributed to overweight and obesity account for over \$90 billion in medical expenses².
- According to a study in 2003, obesity-related medical expenditures for adults in South Carolina total over \$1 billion, with over half of the costs being financed by Medicaid and Medicare³.

COMPLICATIONS

Overweight and obese adults are at increased risk for:

Diabetes	Gall Bladder Disease
Hypertension	Sleep Apnea
Stroke	Depression
Certain Cancers	Osteoarthritis
Heart Disease	Asthma
High Cholesterol	

- Of those South Carolinians who were overweight or obese in 2007, 36.4% have high blood pressure, 12.7% have diabetes, and 5% have coronary heart disease¹.

RISK FACTORS

Poor Diet and Physical Inactivity

- Four out of five adults do not consume the recommended number of five servings of fruits and vegetables per day¹.
- Half of South Carolina adults do not get the recommended amount of physical activity¹.

Environments and policies influence exercise habits

- Only one-third of adults surveyed reported that their neighborhood has any sidewalks¹.

- Only 37.4% of adults surveyed reported using walking trails, parks, playgrounds, and sports fields for physical activity¹.
- Just 16.3% of adults surveyed reported use of shopping malls for physical activity or walking program¹.

STRATEGIES

What Can You Do?

- Eat at least five servings of fruits and vegetables each day.
- Prepare and eat more family meals at home.
- Be wise about portion size.
- Reduce consumption of sugar-sweetened beverages, such as soda and sweetened iced teas.
- Be physically active for at least 30 minutes on most days of the week.

What Can You Do in Your Community?

- Get involved in efforts to create environments that support healthy behaviors, such as establishing bike and walking paths and community farmer's markets.
- Get involved with schools to support school-based efforts.
- Champion for workplace policies to support physical activity and healthy eating of employees.

**Percentage of Adults Overweight or Obese
by County, *2007**

County	%	95% C.I.		County	%	95% C.I.
SOUTH CAROLINA	65.4	64.0 - 66.8				
ABBEVILLE	79.8	69.9 - 89.8		GREENWOOD	66.3	54.2 - 78.5
AIKEN	66.6	60.2 - 73.0		HAMPTON	81.2	65.5 - 96.8
ALLENDALE	77.9	71.9 - 83.9		HORRY	60.3	54.5 - 66.0
ANDERSON	62.3	56.4 - 68.3		JASPER	66.5	49.3 - 83.7
BAMBERG	75.4	58.8 - 92.0		KERSHAW	64.9	53.5 - 76.3
BARNWELL	79.0	68.6 - 89.5		LANCASTER	65.7	48.5 - 82.9
BEAUFORT	57.9	51.8 - 64.1		LAURENS	66.7	54.3 - 79.1
BERKELEY	59.2	49.1 - 69.3		LEE	66.2	62.2 - 70.1
CALHOUN	62.8	58.4 - 67.3		LEXINGTON	57.3	48.9 - 65.7
CHARLESTON	59.3	51.7 - 66.9		MCCORMICK	69.9	59.5 - 80.2
CHEROKEE	53.4	37.4 - 69.4		MARION	64.0	43.4 - 84.6
CHESTER	64.2	58.3 - 70.1		MARLBORO	66.4	60.9 - 71.9
CHESTERFIELD	66.7	55.1 - 78.3		NEWBERRY	61.0	56.0 - 66.0
CLARENDON	66.4	45.6 - 87.2		OCONEE	65.4	55.8 - 75.1
COLLETON	72.3	62.7 - 81.8		ORANGEBURG	69.1	55.1 - 83.2
DARLINGTON	77.4	68.2 - 86.7		PICKENS	56.2	42.2 - 70.2
DILLON	64.0	46.0 - 82.0		RICHLAND	62.5	54.8 - 70.2
DORCHESTER	70.2	60.0 - 80.3		SALUDA	62.3	57.0 - 67.6
EDGEFIELD	80.5	69.1 - 91.8		SPARTANBURG	70.3	63.0 - 77.7
FAIRFIELD	64.5	59.4 - 69.5		SUMTER	75.8	68.5 - 83.0
FLORENCE	64.4	37.3 - 71.5		UNION	67.0	62.4 - 71.6
GEORGETOWN	72.3	63.9 - 80.7		WILLIAMSBURG	80.9	70.2 - 91.5
GREENVILLE	61.5	54.8 - 68.2		YORK	64.6	56.1 - 73.2

*The synthetic method is the method used to ascertain county numbers: small area estimation using surrounding counties if the sample size requirements are not met by the individual counties.

¹Data source: South Carolina Behavior Risk Factor Surveillance System. Definition of overweight or obese: Body Mass Index \times 25

²Finkelstein, EA, Fiebelkorn, IC, Wang, G. National medical spending attributable to overweight and obesity: How much, who's paying? *Health Affairs* 2003;W3:219-226.

³Finkelstein EA, Fiebelkorn, IC, Wang, G. State-level estimates of annual medical expenditures attributable to obesity. *Obesity Research* 2004;12(1): 8-24.

Visit <http://www.scdhec.gov/health/chcdp/obesity/index.htm> and <http://www.EatSmartMoveMoreSC.org> for more information on obesity in South Carolina.

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February 2009

